

Abstract

Title: The use of psychological preparation for musical dancers

Objectives: The aim of the bachelor thesis is to describe the psychological skills of musical performers, to determine the use of these skills and assess whether the rate of utilization depends on education, gender, age and length of practice.

Methods: The thesis has the character of empirical and theoretical research and includes the elements of quantitative research. Examined group was composed of N=30 musical dancers who were responding to TOPS questionnaire that examines the use of psychological skills among athletes. The Pearson's correlation coefficient was applied to find out the relation between the usage of psychological skills among musical dancers, their age and length of practice. Differences with regard to gender and education in musical related field were examined as well.

Results: The results did not demonstrate clear reliance of psychological skills usage on the age of the dancers and the length of the musical experience. Comparison of scores of psychological skills of men and women; dancers who have related educational background and who do not, has revealed an increased use of these skills among women and dancers educated in related field.

Key words: psychological skills, TOPS, musical dance